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FROM DOZERS TO DEEZERS

by Robert A. Monroe

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monroe institute



In one of the more rural sections of Virginia, we were watching an eighty-two-year-old man named Orville as he operated a D-7 bulldozer to clear for a house foundation. His smooth control of the machine, with no waste motion, effortless coordination, maximum results with little strain on the equipment, was truly a ballet of man and machine.

Only long experience could produce such a profound performance, so during a break in the action, I made the obvious statement to Orville. "I guess you've been doing that all your life."

He looked at me with no expression on his face, adjusted his CAT cap and said softly, "Not yet."

Not yet — which supports the old saw that says we don't change as we grow older, we just become more of the same. It makes Orville a better dozer operator each day that he works. It also compounds the problem when dozers are replaced with deezers and Orville can't be more of the same because there are no more dozers to operate — and he doesn't have seventy-plus more years to learn proficiency in deezers. Moreover, he doesn't trust deezers. They'll never replace dozers.

Training for adults regularly faces this problem. If an individual is good in his field, he is extremely resistant to change. He will continue being good in his field until his dying day even if the field fades away, and no one is going to change him. The only reason he resentfully consents to learning in any other field is dire necessity. It has to get down to something to eat and a place to sleep before you truly get his attention — a level difficult to fall to in this era of unemployment compensation, early pensions, food stamps and the like. The fear of change is overcome by the fear of non-survival.

Add to this resistance the suspicion attached to any innovative or unusual or unorthodox learning process that not only symbolizes change, but is indeed a massive switch in overview — and one begins to appreciate any progress in human learning techniques no matter how small the evolution. True revolution can take place only at the child-learning phase, at the beginning. The Communist nations are smart enough to give it a try.

“A good man is
always a beginner.”

Martial (1st century B.C.)

Whole Brain, left brain, right brain, brain dominance, coherent brain, motivation, behavior modification, belief systems, learning curves, all are part of a Cloud of growing thought where the line between learning and psychotherapy is so dim and thin as to become at times non-existent or at the least, unimportant. The creator/progenitor of such Cloud is the hundreds of millions in dollars being spent for training and learning among governmental, commercial, and corporate entities. Ideas and innovation abound, cross-fertilization among physical, social, and medical sciences is an ongoing pattern — all with a basic goal, not to improve human consciousness, but to improve human efficiency and productivity so as to make a bigger buck.

This in no way implies a condemnation or judgement of the morality in such effort, only to indicate the reality that does exist therein. Just as in wars, space programs, television, rock music, politics, religious beliefs, professional sports or any other major force within our cultural and historical context — the fallout from such new learning systems can provide a tremendous stimulus to humankind in ways that are often too subtle to perceive at their inception.

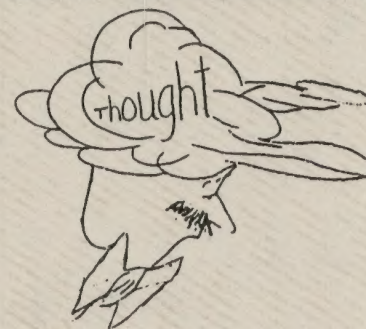


Illustration: Those of you in the Cloud, think about the impact of what you do and how you do it upon the present-day archaic learning systems that still exist in our primary and secondary schools. Talk to a six or seven-year-old about his school and what happens there and how he is supposed to learn. Then think of what you know and how it could be applied. Don't think about it too long or you'll become angry and frustrated because you know a better way. Don't try to do too much about it because the present system is solidly entrenched. But don't concern yourself. The fallout from what you do will inevitably reach in and slowly but surely effect such changes where they will be far more potent than any learning curve you have ever predicted. The kids in grade school will love it.

The Monroe Institute has not been directly a part of such action although there has been much cross-referencing of information through the years. Our original purpose was not the same, but it did have something in common: the goal was not primarily service to mankind. The Institute was organized as a subsidiary of a privately held corporation to perform R & D into human consciousness so as to provide unavailable information and help to one individual who claimed to need it badly. He paid the bills, thus, the bottom line was important only as it related to the depth of his pocket.

DC Body Polarity Shifts: A unique and simple means developed by the Institute to identify and measure levels of consciousness, considered by many as one of its most important achievements. Not to be confused with galvanic skin response bio-monitoring, the system utilizes a sensitive DC voltmeter to measure body voltage between extremes of the physical body, and similar finger measurements on the dominant hand. As the subject moves from physical wakefulness to conscious internal states, a decline in voltage is observed corresponding to the degree of such change. At a predictable point, an apparent shift in polarity occurs, from positive to negative. With such shift, a major change in consciousness emerges that increases in its ability to express itself in direct ratio to voltage levels in the new polarity.

A number of studies are planned and under way to assess the implications of these findings, not only at the Institute, but in other, more conventional research organizations.

Mind Awake — Body Asleep: Through the use of Hemi-Sync sound processes, The Institute developed and disseminated the ability to self-induce a state of consciousness loosely labeled Focus 10. *It is often accurately described as a state of active meditation, and offers a freedom of thought generally unavailable to ordinary waking consciousness. It is user-directed for a wide variety of daily needs, including such items as stress-tension reduction and problem solving.*

An important by-product of Focus 10 is the discovery by the individual that physical sensory input is not a requisite of active consciousness — a revelation whose implications are rarely missed by the user. Upwards of 40,000 individuals have learned and are presumably utilizing Focus 10 in daily life activity.

Emergency Treatment Series: A set of Hemi-Sync exercises on tape to reinforce mind/body relationships during critical physical trauma such as illness or injury. To date, the most effective and spectacular application has been during surgery where, when used as recommended, predicted results have run as high as 85%. Body systems such as blood flow remain stable, mental attitude is high, less anaesthesia is required, there is no post-operative shock, pain is reduced to a minimum, and the recuperation time is cut at least by 50%.

The basic problem is the resistance to the process in the medical profession, especially among inflexible hospital procedures and routines. To obviate this, a team of psychiatrists, surgeons and anaesthesiologists in the San Francisco area are conducting a pilot study of 200 patients where the Emergency Treatment Hemi-Sync will be utilized. It is their belief that acceptance by major hospital chains will result simply on a cost-effective basis.

The Gateway Experience: Now in its 12th year, Gateway is a system of learning whereby any individual can explore and understand without limitation his own total self. No expectation or critical restraints hamper the process. The results range from simple physical and mental three R's — rest, relaxation, recharge — to deep personal insights and life-changing macro internal events. It is interesting to note the statistics as to current Gateway participants: the majority are over 40 (73%), professional, business or education (64%), male (47%). Those under sixteen are not accepted as a general rule.

The Gateway Program is conducted principally in week-long sessions at the Institute Center in Virginia. It also is available in England and West Germany, and in a series of audiotaped albums for home study. In 1988, the first Gateway Voyage session will be held in Australia. Since its inception, some 8,500 participants have "discovered" Gateway.

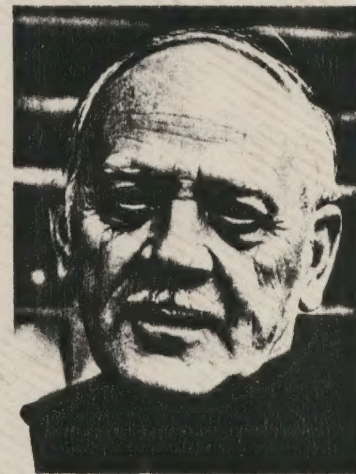
The Human Plus Evolution: The latest and most encompassing fallout from Institute consciousness research during the past five years. It is a learning system whereby the individual begins in small steps to take complete control of the total self — mental, physical and emotional — without limitation. It provides a pragmatic means not simply to change from one belief system to another, but to create, recognize and apply a "know" system that specifically meets the needs that arise in daily life activity. The tendency of Hemi-Sync signal patterns which may provide access as deep as the cellular level makes the project possible.

The first H Plus Intensive was held at the Institute Center in October, 1987, and promptly exceeded the goals set for this beginning phase. A total of 27 different function exercises were given each participant during a six-day period. Other such Intensives are scheduled for 1988 as well as distribution at professional and selected individual levels.

The above is therefore a sampling of what can occur when unconventional and free-flow investigative patterns do engender something of value to the culture as a whole. It does not seem too much when measured by orthodox standards. It becomes remarkable only when viewed as an acceptance strictly upon merit and performance, in spite of resistance from the dozer owners and operators. Still, today some of our best friends are psychiatrists, psychologists, engineers, educators, and business executives.

Now here's the latest on deezers

Robert S. Monroe
MONROE INSTITUTE
Faber, Virginia 22938
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The Monroe Institute was founded by Robert Monroe, a former broadcasting executive who began to undergo spontaneous experiences in 1958 that drastically altered his life. Unpredictably, and without willing it, Monroe found himself leaving his physical body via a "second body" to explore locales unbounded by conventional concepts of time and space. He has documented these experiences in Journeys Out of the Body (Doubleday, 1971 -- published in eight languages worldwide) and in Far Journeys (Doubleday, 1985).

All of this had great advantages. It permitted a pure grazing principle to apply in research. Studies and investigations began in one direction only to take a new course when significant but unrelated results were uncovered. As survival in Academe was not essential, no formal papers needed to be produced and published. Proof of performance acceptable to the scientific community and the world at large was not a goal, which permitted information gathering by methods considered quite unorthodox elsewhere. If a process worked and could be reduced to practice, it became Something of Value to be put to use.

Conversely, within the activities of the Institute, scientific principles were and are applied preferentially wherever feasible and possible. The baseline/foundation of such activities has always been the scientific and cultural history of Western Civilization as against Eastern disciplines — but not limited to either.

Using the long and successful proficiency in psychological sound applications by those involved, it was in the communication medium of non-verbal sound that the Institute found much to put to use. It began with a basic premise: You are more than your physical body.

The search for validation led us quickly past both left and right brain concepts of mind and matter and into those levels of awareness where words spoken or written were merely the smoke, not the fire. The heat and light from the fire contained much more vital and accurate information. We began to mine this mother lode of reality without the faintest idea as to a smelter that would make smoke out of our pile of ore.

A few tailings from our makeshift mortar: The earth environment we identify as Nature with its immutable Laws is a perfect setting for the learning process we are here to experience. It provides the variety of experience needed for such learning. Therefore, the greater the variety, the greater the learning. Built into the schoolroom procedures are survival, stress, pain, pleasure, sex drive, superlove, and so on. They are there as learning tools. To live a life without valleys and mountaintops slows down the learning process — unless you can live in a cave and simply think about it, because thought and action are the same.



Every single unit of what we feel, think, do and be is of impersonal yet exquisite importance to such process, down to the seemingly simple auto-coordinated act of picking up a cup of coffee. There is no judging or good and evil involved. You're learning all the time, awake or asleep.

Once humans got past the problems of surviving in the environment, more or less, they began to set up their own laws so as to keep the competition and stress as on-going items. They did this instinctively, and it set them apart from animals. There came families, tribes, states, nations, etc., which brought on various forms of new, more exquisite stress from arguments through supply-and-demand to "world" wars.

If you know the process, presumably you can maximize the effect and learn more rapidly and efficiently. The trick is to put together a reliable crib sheet without disturbing the way the game is played. Have it taped to your wrist like a NFL quarterback.

But first — reliability: a smelter that works consistently, next a transducer to make smoke out of heat and light. Put a man on it first thing in the morning.

The following is a part of the fallout — not necessarily original — that came from such studies and investigations. They may or may not be part of a reliable crib sheet:

Audio Frequency-Following Response (FFR): This is the tendency of human electrical brain waves to replicate particular sound patterns in both amplitude and frequency of harmonics thereof. With known EEG patterns as a starting point, the Institute conducted hundreds of individual test experiments to determine averages in sound frequencies which will produce specific states of consciousness on a broad scale. Thus when the EEG pattern of a given state is known, as in the process of going into and maintaining sleep, the state can be induced through listening to similar patterns in sound.

The audio FFR is the basis for most of the later work of the Institute, and a generic patent was granted to it in 1975 for the method and technique so originated. Within the spectrum between deep sleep and extreme wakefulness, some sixty different variations in consciousness have been identified that can be induced through audio FFR application.

Hemispheric Synchronization (HEMI-SYNC): This is fundamentally an evolution of the FFR into beat frequencies utilizing a different audio signal in each ear and isolated one from the other by stereo headphones. The beat frequencies and carrier sound signals are referenced by computer to use the optimum frequency for the desired audio FFR signal — which is the difference between two such signals. The desired audio FFR signal in itself is often below human hearing capability, and therefore is perceived not by the hearing sense but is synthesized by the brain internally.

The HEMI-SYNC method enhances the effectiveness of audio FFR by some 60% which more than makes up for the inconvenience of headphones. In addition, it tends to establish a coherent EEG pattern in the entire brain which can be identified through bi-lateral brain wave measurements. A most important aspect of this lies in the ease in which many other levels of awareness can be accessed during such states, which has made it an effective tool for the analyst, among other significant uses.